



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03225, Babyfood, dessert, cherry vanilla pudding, junior

Report Date: July 04, 2017 21:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 3.6 Fat Factor: 8.9 Protein Factor:4.3 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proximates						
Water	g	81.00	1	--	22.96	137.70
Energy	kcal	69	--	--	20	117
Energy	kJ	289	--	--	82	491
Protein	g	0.20	3	--	0.06	0.34
Total lipid (fat)	g	0.20	3	--	0.06	0.34
Ash	g	0.20	5	0.000	0.06	0.34
Carbohydrate, by difference	g	18.40	--	--	5.22	31.28
Fiber, total dietary	g	0.3	--	--	0.1	0.5
Sugars, total	g	16.98	--	--	4.81	28.87
Minerals						
Calcium, Ca	mg	5	6	--	1	8
Iron, Fe	mg	0.17	6	--	0.05	0.29
Magnesium, Mg	mg	2	1	--	1	3
Phosphorus, P	mg	7	1	--	2	12
Potassium, K	mg	33	1	--	9	56
Sodium, Na	mg	0	--	--	0	0
Zinc, Zn	mg	0.03	1	--	0.01	0.05
Copper, Cu	mg	0.051	--	--	0.014	0.087
Selenium, Se	µg	0.6	--	--	0.2	1.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1.1	6	--	0.3	1.9
Thiamin	mg	0.007	6	--	0.002	0.012

Nutrient	Unit	1			1 oz 28.35g	1 jar 170g
		Value Per 100 g	Data points	Std. Error		
Riboflavin	mg	0.011	6	--	0.003	0.019
Niacin	mg	0.038	6	--	0.011	0.065
Vitamin B-6	mg	0.012	6	--	0.003	0.020
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	4.7	--	--	1.3	8.0
Vitamin B-12	µg	0.01	--	--	0.00	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	18	--	--	5	31
Retinol	µg	6	--	--	2	10
Carotene, beta	µg	145	--	--	41	246
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	261	--	--	74	444
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	9	--	--	3	15
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.00	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	1	--	--	0	2
Vitamin K (phylloquinone)	µg	0.2	--	--	0.1	0.3
Lipids						
Fatty acids, total saturated	g	0.058	--	--	0.016	0.099
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.000	0.002
16:0	g	0.041	--	--	0.012	0.070

Nutrient	Unit	1			1 oz 28.35g	1 jar 170g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.014	--	--	0.004	0.024
Fatty acids, total monounsaturated	g	0.070	--	--	0.020	0.119
16:1 undifferentiated	g	0.004	--	--	0.001	0.007
18:1 undifferentiated	g	0.065	--	--	0.018	0.111
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.036	--	--	0.010	0.061
18:2 undifferentiated	g	0.025	--	--	0.007	0.043
18:3 undifferentiated	g	0.008	--	--	0.002	0.014
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.002	--	--	0.001	0.003
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.001	--	--	0.000	0.002
Cholesterol	mg	10	--	--	3	17

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ¹	mg	2.7	2	--	0.8	4.6
Proanthocyanidin trimers ¹	mg	1.7	2	--	0.5	2.9
Proanthocyanidin 4-6mers ¹	mg	5.2	2	--	1.5	8.8
Proanthocyanidin 7-10mers ¹	mg	2.9	2	--	0.8	4.9
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	2	--	0.0	0.0

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617